

**Claims:**

1. A catheter, comprising:  
a manifold having a proximal end with at least first and second input  
5 ports and a distal end with at least first and second output ports;  
at least first and second flexible tubes defining a supply lumen and a  
return lumen, respectively, said first and second flexible tubes having proximal ends  
removably connectable to the output ports of the manifold and having distal ends with a  
supply and return orifice, respectively; and  
10 a dispersing element associated with the supply orifice for dispersing  
fluid exiting the supply orifice into a portion of the body..
2. The catheter of claim 1, wherein said dispersing element is a diffusing  
element.  
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3. The catheter of claim 1, wherein said dispersing element is a floating ball  
valve.
4. The catheter of claim 1, wherein said dispersing element is a deflecting  
20 element.
5. The catheter of claim 1, wherein said return orifice is spatially separated  
from said supply orifice.
- 25 6. The catheter of claim 5, wherein said spatial separation between said  
supply and return orifices is sufficient to prevent a substantial flow of fluid directly from  
said supply orifice to said return orifice.
7. The catheter of claim 1, further comprising an inflatable balloon for  
30 maintaining an operative position of said tubes when inserted into a patient.

8. The catheter of claim 1, wherein said first and second flexible tubes are concentrically oriented with respect to one another.

9. A Foley catheter for heating or cooling at least a selected portion of a body, comprising:

a catheter for irrigating and evacuating the bladder with a heated or chilled fluid, the catheter including:

a manifold having a proximal end with at least first and second input ports and a distal end with at least first and second output ports;

at least first and second flexible tubes defining a supply lumen and a return lumen, respectively, said first and second flexible tubes having proximal ends removably connectable to the output ports of the manifold and having distal ends with a supply and return orifice, respectively;

means, coupled to the catheter, for controlling at least one measurable parameter of the fluid irrigating the bladder; and

means for monitoring at least one parameter selected from the group consisting of: the at least one measurable parameter of fluid flowing out of the bladder while it is being irrigated, a core temperature of the body, and a pressure of the combined heated or chilled fluid and urine in the bladder.

10. The catheter of claim 9, further comprising an inflatable balloon coupled to said catheter for maintaining an operative position of said catheter when inserted into a patient.

11. The catheter of claim 9, wherein the means for monitoring the core temperature of the body is an esophageal temperature probe.

12. The catheter of claim 9, wherein the means for monitoring the core temperature of the body is a tympanic temperature probe.

13. The catheter of claim 9, wherein the means for monitoring the pressure of the bladder is a pressure transducer mounted adjacent the distal tip of the catheter.
- 5 14. The catheter of claim 9, wherein the at least one measurable parameter of fluid flowing out of the bladder is the output of urine.
15. The catheter of claim 9, further comprising a sensor for measuring the output of urine.
- 10 16. The catheter of claim 15, wherein the sensor is an optical sensor.